



Message from our Chairperson & Co Founder

2024

Lidia Di Lembo

What a year this has been. It has gone really fast and as always we have achieved a lot for such a small team. I do not know about you but am looking forward to a break before we hit 2025, which is equally going to be another big year as we strive to achieve our goals, now that we have finally received more recognition and support by the NT Government. The Department of Health grant we received of \$80,000 will certainly enable us to expand our footprint and continue to support our community in suicide prevention and postvention.

I want to start by first acknowledging those of us who have lost loved ones, I know that this time of year can be challenging and not always a happy time, as it reminds us of how we wish we could still have our loved ones in our life and spend our holidays together. I also want to acknowledge those who are caring for loved ones or friends who are struggling. This year I have been supporting one of my daughter's best friends who has been mentally unwell. It brought back a lot of memories for me of what I went through with my own daughter and recognise how grateful I am for having a deeper understanding and skills in how to help others, thanks to all the work and training we have done through SR4L. It has also been a good reminder that we need to continue to find strength, courage and hope to live a life where compassion and gratitude can help us cope with our own loss.

I would like to take this opportunity to sincerely thank all the SabrinasReach4Life Management Committee, current and past members, who committed their time, helped steer the organisation and actively contributed to progress our activities and projects. Thank you also to all our volunteers who help us when we need their support with group sessions, facilitation and promotional events. This includes supporting those bereaved by suicide by continuing to hold our monthly bereavement support group, which has been operating now for 5 years. This continues to be the only support group of its kind in the NT, and I hope that next year we will be able to establish more support and connection for people in Palmerston and the rural area.

I would also like to thank all those who partner and collaborate with us to help reduce suicide in our community. Sadly, we continue to have one of the highest rate of suicide in Australia. One of the key highlights for 2024 where our collaborative efforts and leadership successfully enabled SR4L hosting the 6th World Suicide Prevention Day event in Darwin, over 2 days. This started as a breakfast forum in 2019 and progressively has grown to a one day and a 2 day event. I hope that in 2025 we will have the same level of commitment from key organisations and representatives to hold another successful event.

Summary of key Achievements for 2024

- Participation in (and sometimes chaired) the Litchfield Community Action Planning and Multicultural Community Action Planning meeting focussed on grass roots solutions in helping prevent suicide in our community
- Invited as a Keynote Speaker at the Central Australia Suicide Prevention Forum held in Alice Springs in May
- I continued to be the Co-Chair of Postvention Australia, member of Suicide Prevention Australia NT State Committee and Lived Experience Panel Member. I was a judge for the SPA Life Awards and Assessor for Bursary Applicants for the SPA 2025 Conference to be held in Perth. A total of 88 applications were received.
- World Suicide Prevention Day Forum 2024 held over 2 days at Charles Darwin University on 10 & 11 September 2024. This was a successful event led by the *WSPD Planning Committee* and supported by a number of key stakeholders and organisations including NT Primary Health Network, TeamHealth, Catholic Care, Darwin Head to Health Centre, StandBy, Anglicare, Charles Darwin University, Bendigo Bank, Wesley Mission, Speak My language, Zero Institute of Australia, PAWS Darwin.

Held monthly Bereaved by Suicide Support Group at Harry's Place, with a range of volunteers who offered art and craft activity, dog therapy class, drumming, meditation. We also held Community Information Sessions on Trauma Impact & Coping with Trauma in Everyday Life, Anxiety & Sleep, Supporting People Young & Children in Crisis, Returning to Work after a Suicide, Spirituality~ Faith After Loss, Coping with Everyday Grief.

- Darwin High School, Good Shepherd Lutheran College, Casuarina Secondary College, Darwin Middle School, Charles Darwin University inviting us to be part of their Health and Wellbeing days and hold workshops with their students on our R.O.S.E project
- R.O.S.E project progress by landing on Storytelling platform name YSMS – (Your Story My Story) and engaging True Blue IT to develop the website by using funds from Community Benefit Fund grant. I want to also thanks Lydia Gawa, our project officer who assisted with this task and Caylan Goring who provided graphic design pro bono services.
- Attended the Wesley Lifeforce annual Suicide Prevention Network Meeting in Sydney where I met so many other committed volunteers helping their communities across Australia.
- Participated in Walk off the War Within at East Point and held a stall
- We awarded two Sabrina J Memorial Scholarships to students James Cooper and Thorin Archibald in partnership with CDU.

Our Gratitude to

- Brent Potter MLA Fannie Bay and his staff for their continued support and allowing us to hold our monthly Management meetings at his Electorate office
- Harry's Place TIWI and staff for their support and in allowing us to hold our Bereaved By Suicide Support Group monthly meetings and our Community Information Sessions.
- Charles Darwin University selected SR4L as one of their charities for their *CDU Giving Program*. This is an impactful way where staff can contribute pretax dollars through payroll deductions to support a worthy cause
- World Suicide Prevention Day Forum 2024 Planning Committee who dedicated their valuable time in assisting in planning the first 2 Day event.
- Inpex for donating \$1,000 to our charity
- Yvette Nichols, Acting Executive Director MHAOD in Department of Health for her ongoing engagement and support in giving SR4L the opportunity to be a grant recipient to expand and grow our service footprint

- Diane Wayne who volunteered her time to deliver art classes and Lantern Making at the BBSSGNT group on several occasions. Therapy Dogs ~ Mind Your Paws Darwin , Sharon who also presented an activity session.

Future Plans

As we shift years to 2025, I am confident we will continue to do our best to represent the '*voices*' of those with lived experience of suicide, actively contribute to requests for input into new policies, government reform and research in suicide prevention and postvention. We will also continue to advocate that '*people*' should be *at the centre* of everything we do and not systems, in service funding, design, implementation and review.

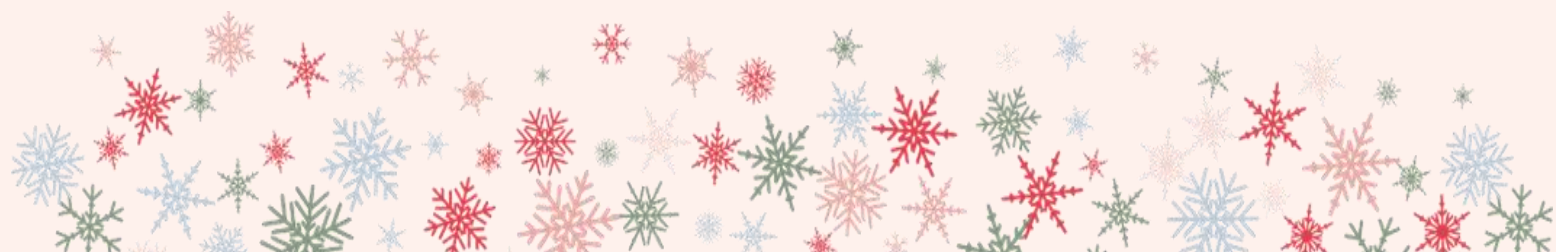
We will talk with communities in Palmerston and beyond to see how we can best support those bereaved by suicide and continue to collaborate with key stakeholders in suicide prevention and postvention.

We are honoured to continue helping those who need peer led support, who trust us to share their story and their struggles in a safe, non- judgemental and non-clinical manner. We look forward to another year to advance key projects underway including the development of a storytelling YSMS platform. We will also proudly continue to sponsor a local student at Charles Darwin University, studying Psychology.

All the best for 2025!

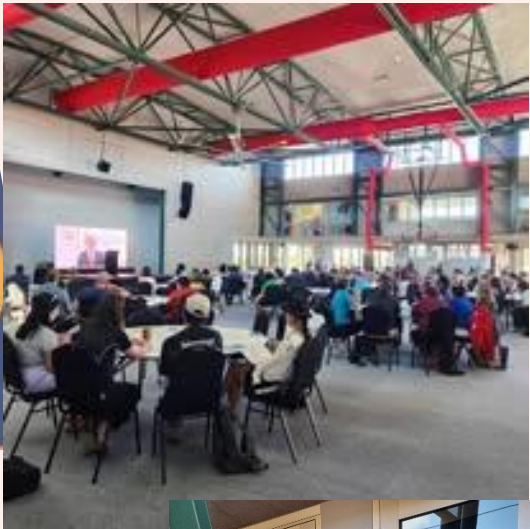
Lidia Di Lembo

Chairperson & Cofounder
SabrinReach4Life



Highlights 2024

- Our Monthly Bereaved By Suicide Support Group
- World Suicide Prevention 2 Day Forum NT
- Health & Wellbeing Expo and led workshops at various schools for our R.O.S.E Project
- Sabrina J Di Lembo Memorial Scholarship CDU Graduation Ceremony our 3rd recipient
- SPA LiFE Award Conference ~ Adelaide
- SPA LiFE Award Presentation NT
- NT Youth Convention
- Currently developing our Your Story My Story website Platform for young people
- Multicultural Youth Forum
- Book Launch Darwin “The Glass House” Anne Buist
- Wesley Mission Suicide Prevention Network National Conference~ Sydney
- Litchfield Community & Action Planning Committee ~ Suicide Prevention



Your Story, My Story.

